

**NEDBANK RUNNING CLUB LVCC
TIME TRAIL RESULTS HELD ON 18 April 2024**

Chantel Middel	5Km	25.59
Fanie Bekker	5Km	25.53
Francois	5Km	27.53
Gerry Engelbrecht	5Km	32.27
Ian Middel	5Km	33.56
Mandla Nxumalo	5Km	31.08
Sesi	5Km	32.24

Mirandi Bekker	3Km	32.4
Wico	3Km	32.4



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